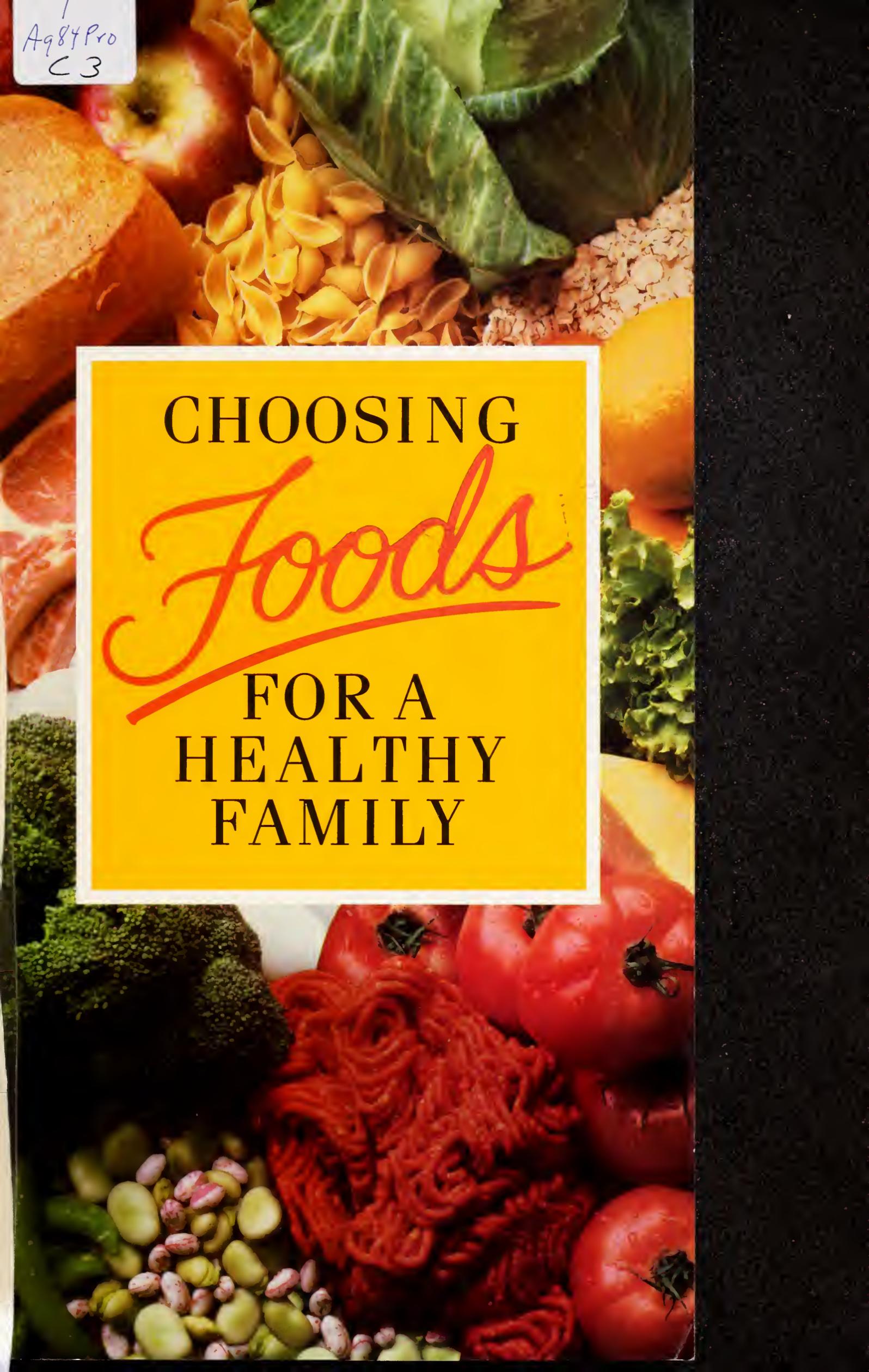


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CHOOSING
Foods
FOR A
HEALTHY
FAMILY



GROCERY TIPS

To improve your diet get into the habit of choosing healthful foods when you shop.



Reading package labels can help you choose foods lower in salt, sugar, and fat and higher in fiber.

TO AVOID TOO MUCH SALT, BUY:

- Plain or fresh vegetables instead of canned or frozen ones with sauces or seasonings
- More fresh or frozen lean meats, chicken, and turkey and fewer processed meats like hot dogs, sausages, and lunch meats
- Fewer salty snack foods like crackers and chips (choose ones that have “low salt” on the package label)

TO AVOID TOO MUCH SUGAR, BUY:

Fresh fruit, or fruit canned in juice or light syrup

Fruit juices without added sugar

Fewer sodas, cakes, cookies, and candies

Low-sugar breakfast cereals without sugar coatings or added sweets

TO AVOID TOO MUCH FAT, BUY:

- Lean meat
- Canned fish packed in water instead of oil
- Skim or low-fat milk and low-fat dairy products
- Fewer high-fat or sweet bakery items

FOR MORE FIBER AND STARCH, BUY:

- Whole-grain breads and cereals
- Fruits and vegetables, especially those with edible skins and seeds
- Dry peas and beans
- Pasta, noodles, rice, and other grain products





COOKING TIPS

There are several easy things you can do when you are cooking to lower sugar, fat, and salt in your family meals.

- Combine different vegetables for a new taste instead of seasoning with meat drippings, butter, margarine, and oils.
- Add little or no salt when cooking noodles, pasta, rice, and hot cereal.
- Choose cooking methods that add no fats to your foods: bake, broil, boil, steam, or roast.
- Remove skin from poultry and visible fat around meat before cooking and throw them away.
- Use less sugar in recipes. You can even use less sugar in baking and still get a good quality product.
- Season food with herbs and spices like oregano, dill, onion, or garlic powder instead of seasoning mixes that have salt in them.



TABLE TIPS

What can you do to help your kids get the variety of foods they need while learning healthy food habits? Remember, you learned to like the taste of sweet, salty, and fatty foods, and you can learn to like foods that are less sweet, salty, and fatty.

- Encourage your family to try foods prepared in new ways.
- Explain why some of the foods you're serving may taste a little different.
- Encourage everyone to pay more attention to the amount of sugar, fat, and salt they add at the table. Try using half as much for awhile, and soon they won't even notice the difference in taste.
- Go easy on the gravy, sauces, mayonnaise, ketchup, butter, margarine, jam, and salad dressing.
- Occasionally, serve icy cold water with a slice of lemon or lime in place of sweetened drinks.



HEALTHFUL SNACKING

Save money.
Instead of buying sugary, salty, and fatty snacks, make your own healthful snack foods at home:

- Apple or celery with peanut butter
- Raw vegetables with bean dip
- Peanut butter and banana sandwiches
- Celery stuffed with low-fat cottage cheese and crushed pineapple
- Low-fat yogurt with fresh sliced fruit
- Fruit juice with a little club soda



TIPS ON WEIGHT CONTROL

Did you know that to lose one pound a week, you must eat 500 fewer calories a day or burn up 500 calories extra a day by exercising? If you need to lose a lot of weight, see your doctor first. To control your weight, here are a few ideas:

- Choose foods and snacks low in sugar and fat to help you lower the amount of calories you eat.
- Eat smaller servings and eat slower.
- Don't eat just out of habit.
- Exercise at least 2 or 3 times a week.
- Diet pills, starvation diets, and other fad diets can be harmful, and you usually gain the weight right back.



7 STEPS TO EATING FOR BETTER HEALTH

We know that planning nutritious meals isn't easy, and that food alone can't make you healthy. But good eating habits can help keep you and your family healthy and even help to improve your health. Follow these steps to better eating:

- 1. Eat a variety of foods.**
No one food gives you all the nutrients you need. It is important to eat a wide variety of foods each day.
- 2. Maintain desirable weight.**
Being very overweight increases your chances of developing some chronic diseases like high blood pressure, heart disease, diabetes, and some cancers.
- 3. Avoid too much fat, saturated fat, and cholesterol.**
A diet high in fat, saturated fat, and cholesterol may increase your chances of getting heart disease. Diets high in fat also tend to be high in calories, which can lead to obesity.
- 4. Eat foods with adequate starch and fiber.**
Foods high in starch give you important nutrients without much fat or too many calories. Fiber helps move food through the digestive tract.
- 5. Avoid too much sugar.**
Sugary foods are often higher in calories and lower in vitamins and minerals. Too much sugar, frequent sugary snacks, and sticky sweets all can lead to tooth decay.
- 6. Avoid too much sodium.**
Most Americans eat too much sodium. A lot of the sodium we eat comes from salt. Too much sodium in the diet may contribute to high blood pressure, especially for people with a family history of high blood pressure.
- 7. If you drink alcoholic beverages, do so in moderation.**
Drinking too much alcohol can lead to some types of liver disease and cancer. Alcoholic drinks are also high in calories and low in nutrients.

RECIPES

Orange Smoothie

2 SERVINGS

2 cups orange juice
 $\frac{2}{3}$ cup instant nonfat dry milk
 2 teaspoons sugar
 1 teaspoon vanilla

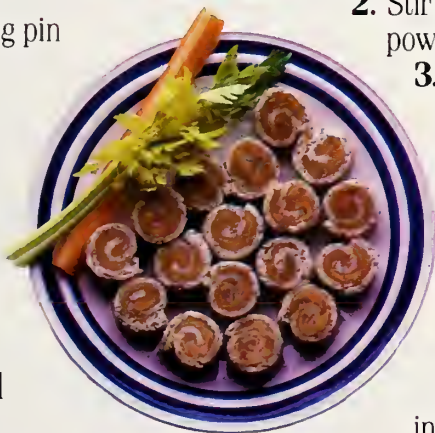
1. Combine all ingredients in a covered container, and shake until blended.
2. Serve immediately.



Peanut Butter Roll-ups

Sliced whole-wheat bread
 Chunky or smooth peanut butter
 Shredded carrots

1. Flatten bread with rolling pin or by hand.
2. Mix carrots and peanut butter together.
3. Spread mixture on bread.
4. Roll up the bread. Serve whole or slice into pinwheels.



Tuna-Apple Salad

4 SERVINGS

$6\frac{1}{2}$ or 7-ounce can tuna (packed in water)
 1 unpeeled apple, diced
 1 stalk celery, chopped
 2 tablespoons mayon-
 naise-type salad
 dressing
 1 tablespoon lemon juice
 Lettuce as desired

1. Drain tuna.
2. Mix tuna and other ingredients (except lettuce) in bowl.
3. Use immediately or chill in refrigerator 1 to 2 hours.
4. Serve on lettuce leaves or in a sandwich.

Note: Oil-packed instead of water-packed tuna may be used. Pour oil from tuna can, rinse tuna with cold water, and drain well.



Chicken Curry

4 SERVINGS

$\frac{1}{4}$ cup onion, chopped
 2 cups tart apple, unpeeled, chopped
 1 tablespoon oil
 2 tablespoons flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon ground ginger
 1 teaspoon curry powder
 1 cup skim milk
 $1\frac{1}{2}$ cups cooked chicken, diced
 $\frac{1}{4}$ cup raisins
 2 cups rice, cooked, unsalted.

1. Cook onion and apple in oil until tender.
2. Stir in flour, salt, ginger, and curry powder.
3. Add milk slowly, stirring constantly; cook until thickened.
4. Add chicken and raisins. Heat to serving temperature.
5. Serve over cooked rice.

Note: For fish curry, use 1 pound fresh or frozen haddock fillets without skin in place of chicken; omit raisins.

1. Thaw frozen fish in refrigerator overnight.
2. Cook fish in 1 cup of boiling water for 2 minutes or bake or broil fish until it flakes.
3. Break into bite-size pieces. Proceed as in basic recipe.

Chili-Bean Dip

16-ounce can of light pink kidney beans or pinto beans, or 2 cups of cooked dried beans
 1 teaspoon chili powder
 2 tablespoons chopped onion

1. Drain beans and mash in a bowl.
2. Add onion and seasonings. Serve warm or cold with vegetables, crackers, or unsalted taco shells.



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